GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA

STARRED QUESTION NO:565
ANSWERED ON:30.04.2003
STRESS MANAGEMENT PROGRAMME
SHRINIWAS DADASAHEB PATIL

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

(a) whether the Government employees are more susceptible to heart attacks;

(b) if so, the reasons therefor;

(c) whether any stress management programme for Government employees has been planned by the Union Government; and

(d) if so, the details thereof?

Answer

MINISTER OF HEALTH AND FAMILY WELFARE AND PARLIAMENTARY AFFAIRS (SMT. SUSHMA SWARAJ)

(a)to(d): A Statement is laid on the Table of the House.

STATEMENT REFERRED TO IN REPLY TO LOK SABHA STARRED QUESTION NO. 565 FOR 30.4.2003

There is no nationwide data collection on the number of people suffering from heart disease. In the document World Bank Health Sectoral Priorities, it has been estimated a doubling of deaths due to Cardiovascular diseases (CVD) between 1985 to 2015.Meta-analysis of the published surveys reported in the Indian Heart Journal indicates that the prevalence of coronary heart disease is increasing in India over the decades from 1960-95.

People from all walks of life including Government servants may be affected by heart disease. The major risk factors are diabetes, high blood pressure, smoking, obesity, lack of physical exercise, positive family history, increased blood cholesterol and mental stress. With a view to avoid these major risk factors, there is a need to highlight the various life style intervention measures to the community.

There is no specific stress management programme for Government employees. However, Central Council for Research in Yoga and Naturopathy (CCRYN) under the Department of Indian Systems of Medicine encourages practice of yoga among the government employees by taking up yoga programmes in government offices. In addition, the Government has strategies/programme including use of print and electronic media to spread health messages to increase public health awareness about heart diseases and healthy living practices.